



The Latest Word

St. Perpetua School - Weekly Newsletter

February 21, 2024

Weekly Update from Mrs. Gotchet



As a school, we practice various safety drills throughout the school year. The purpose of these drills is to prepare all on campus to know what to do in case of an actual emergency. It is always the hope that we will never have to use the information learned, but drills help all to know what actions and options are available should they be needed.

On Friday, March 15, 2024, we will hold our Crisis Readiness Drill. During these drills, teachers will go through the steps that students should take, should the school ever need to go into a shelter in place, lockdown or evacuation due to a crisis happening on campus. The crises we are preparing for could include, but are not limited to: a coyote on campus, a gas leak, a flood, a dispute in the neighborhood, or an intruder on campus.

We are asking for your partnership in speaking to your children about this drill. We ask that you remind them that they are safe at school but also about the need to be prepared. You can liken it to other safety plans you have as a family: flight attendant directions before a flight, earthquake preparedness, or any other examples your child may have experienced.

We also ask that you reiterate the importance of taking these drills seriously and listening carefully to their teachers. We remind students that listening to adults during emergency situations is one of the most important things they can do.

If you are interested in learning more about what the faculty and staff have been trained on as well as understanding what the day of the drill will entail, please plan to attend our parent information night on Thursday, March 7th at 6pm in the Community Center. Childcare will be provided in Panther House. RSVP is required: [please click here to RSVP.](#)

The general outline for the drill will be as follows:

1. Mrs. Gotchet will share an announcement over the loudspeaker about the drill.
2. Teachers will go over the specifics of how to respond to the different emergency scenarios.
3. The drill will begin.
4. Teachers will debrief the drill with the class.

Thank you for your partnership in this. If you have any questions or concerns, please do not hesitate to reach out to me.

School Schedule and Calendar

Normal Bell Schedule

- Monday, Tuesday, Thursday & Fridays: 8:00 - 3:05pm
- Wednesdays: 9:00 - 3:05pm - Late start and mass uniforms
- Fridays: Cafe Perpetua 7:20 - 9:30am ~ unless stated as a 'No Cafe' day ~ (cash or check only). Students may wear St. Perpetua spirit-wear tops and uniform bottoms.
- [Lunch Schedule](#)

Next 10 Days

- Friday, 2/23 - **NOON Dismissal (NO Panther House after-school care)**
- Friday, 2/23 - Cafe Perpetua Open 7:20 - 9:30 am
- Saturday, 2/24 - 'Pack the Pews' Mass at 5pm ~ school & parish celebration
- Tuesday, 2/27 - [March Pizza Link](#) closes
- Thursday, 2/29 - Last day of the current Scrip profit tracking period (3/1/23 - 2/29/24)
- Friday, 3/1 - Deadline to submit bookmark entry for Lafayette Library contest
- Friday, 3/1 - Cafe Perpetua Open 7:20 - 9:30 am

Other Important Dates

- Tuesday, 3/5 - Trimester 2 ends
- Tuesday, 3/5 & Wednesday, 3/6 - Scholastic Book Faire in the school library
- Friday, March 15 - Crisis Readiness Drill
- Friday, 3/15 - report cards go home
- Friday, 3/15 - **NOON Dismissal (Panther House is OPEN for after-school care)**
- Friday, 3/22 - last day for students to submit their Young Author books
- Thursday, 3/28 - Holy Thursday, **NOON Dismissal (NO Panther House after-school care)**
- Friday, 3/29 - Financial Aid Application deadline (all supporting docs must be submitted)
- Friday, 3/29 - Friday, 4/5 - **Easter Break**

Monthly School Calendar



[Order Now](#)

Auction Swag On Sale Now!

Don't miss out on the coveted auction gear on sale now until March 1st. Customizable sweatshirts, T-shirts, shorts, sweats and hats.

Students can wear the sweats and shorts beginning every Friday from April 12th until the end of the school year as a special privilege. However they **MUST** wear a St.P's spirit wear top too as part of the spirit wear uniform policy.

Samples are available to see outside the office at pick up.

[Order Auction Gear Here](#)

March 'Thursday SEEDs Pizza' Fundraiser

Ordering Link is now open!

We are offering pizza on three Thursdays: 3/7, 3/14, 3/21

- Choice Lunch is NOT available on these dates
- \$7 for two large slices of cheese pizza
- **Order Link closes on Tuesday, 2/27**



Ms. Tamara's Reflections On Changing Friendships

Friendships of all degrees are a sure map for us to learn about many valuable and lifetime lessons and values. It's through our relational lens that we learn about boundaries, taking healthy space, unconditional love, kindness, power of words, and empathy. Perhaps, one of the most difficult lessons of friendship in our youth is the concept of changing friendships as well as truly understanding that friendships have different degrees. Changing friendships can register as rejection and heartbreak attacking the core of our being and chipping away at our sense of worth and confidence.

When triggered, a natural response or defense mechanism can be that of fight or flight or freeze state where we want to avoid the situation all together. We can also shift into a defense state where we put up heart walls and shields and resist getting closer to people. Though these natural defense mechanisms are a way of keeping ourselves safe, this temporary sense of safety can prevent us from processing the density of emotions and anchoring deeper lessons in relational health. For some of us, we can live with the pain of relational distortion for decades and not process them in a healthy way.

The good news is there are ways of guiding our children on the path of friendships to help them process emotions, witness the situation with compassion and grounding, gain higher perspective, resolve conflicts, take healthy space if needed, and prevent damage to their core sense of worth. Relationships are complex but there are patterns when working with students that have been proven to help them move through difficult emotions and relational issues.

Though not a recipe for all, some of these are normalizing changing friendships, offering non-judgmental listening with care and presence, mediating healthy ways to resolve conflicts, and boosting and resourcing them with new positive relationships as ways to prevent the escape and fight or flight response. When we move through the density of our emotions with compassion and resource ourselves

with love and care, survival programs based on fear and lack of safety do not form and coagulate in our system. This is profoundly healing as fear-based survival programs can hinder our healthy development and prevent us from forming deeper true intimacy in future relationships and friendships.

To support our youth, we as adults and parents need to monitor our own triggers, projections, shadows and wounds which arise as our children go through changes. When our children learn to move through these waves of socialization without escaping or shutting down, they anchor deep lessons and build resilience which will guide them through the rest of their relational landscape.

Tues., March 5th & Wed., March 6th

Get ready! The Scholastic Book Fair is coming our way (YAY!)

Choosing their own books empowers kids and inspires them on their journey to becoming lifelong readers. AND—as always—every purchase at the Fair benefits our school.



Hearing Testing

Morgan O'Connor, RN from the Oakland Diocese, will be coming in on Feb. 28th for student hearing tests. She will test all students in grade Kinder, 2nd, 5th and 8th. In addition, she will test new students and referrals in grade 1, 3, 4, 6 and 7th.

Financial Assistance for the 2024 - 2025 School Year

Submission Deadline: March 29th

[Details & Deadline Information](#)

End-Of-Day Dismissal Updates & Late Pick-Up Policy

[Dismissal Procedure Update & Late Pick-Up Policy](#)

Have you met your Scrip profit obligation??

All families have a Scrip profit obligation, per the Family Agreement you signed as part of the admission process for this 2023-2024 school year.



[Scrip Obligation & Ordering Information](#)



Panther House After-School Care

Panther House after school care is available. Please take time to review the [program details](#). If you are interest in enrolling your child(ren), please fill out the [enrollment form](#) (required for all students).

Submit forms via email to pantherhouse@stperpetuaschool.org.

[March Calendar](#)



All Lafayette K-8 students are invited to submit original artwork for the bookmark contest! Entry forms will be available from Mr. Foti starting February 9th. Submissions are due to Mr. Foti by March 1st.

See [flyer](#) for details.



Application for 2024-2025 School Year

[Application Link](#) for **NEW STUDENTS** interested in the upcoming school year

Contact Gretchen Trapp, our Admissions Director, gtrapp@csdo.org for more information on class availability or to set up a tour.



Volunteer Opportunities and Links

We need your help at St. Perpetua. Please review the [volunteer participation agreement](#) and sign up now to complete your hours and get to know our wonderful St. Perpetua school community.

Sign Up Now to Volunteer

- [Hot Lunch Volunteers Needed](#)
- [Yard Duty Volunteer](#) - 2 required for each family
- [Crosswalk Volunteer](#) - 1 required for each family
- [Become an 'All Clear' volunteer](#)

[Log Volunteer Hours](#)

Important Links

- [Choice Lunch Service](#)
- [PowerSchool Login](#)
- [Family Directory](#)
- [Scrip Obligation & ordering information](#)
- [2023-2024 Parent & Student Handbook](#)
- [Faculty Directory](#)
- [Attendance Policy](#)
- [Uniform Policy](#)
- [Printable School Calendar](#)
- [Archived Constant Contact Newsletters](#)



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